



Disability Network Directory – Montgomery County, Maryland

Behavioral Health, Counseling and Wellness Supports

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This is a project of the Montgomery County Commission on People with Disabilities.

To submit an update, add or remove a listing, or request an alternative format, please contact: MCCPWD@montgomerycountymd.gov

National Suicide Prevention Lifeline Hotlines

TALK: 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.

TEXT: Text HOME to 741741 to communicate with someone via text

CHAT: <https://988lifeline.org>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Montgomery County Crisis Center

1301 Piccard Drive, 1st Floor
Rockville, MD 20850

240-777-4000 (V – 24/7)

301-738-2255 (Mental Health Hotline)

240-777-4673 (Abused Persons Program)

240-777-4357 (Sexual Assault Crisis Hotline)

240-777-4815 (TTY)

Provides crisis services 24 hours a day / 365 days a year. These services are provided over the telephone (240-777-4000) or in person at 1301 Piccard Drive in Rockville (no appointment needed). Mobile Crisis Outreach will respond anywhere within Montgomery County to provide emergency psychiatric evaluations. Full crisis assessments and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has six crisis beds as an alternative to hospitalization for those who are uninsured or are insured within the public mental health system. There is no charge for crisis services.

Access Team – Montgomery County Mental Health Services for Children & Adults

27 Courthouse Square, Suite 101

Rockville, MD 20850

240-777-1770 (V)

240-777-4710 (V)

Walk-in Hours: Mondays through Friday. Please arrive by 8:30 a.m. for a morning appointment and by 12:30 p.m. for an afternoon appointment.

Team helps people living in Montgomery County obtain and/or access behavioral health services (mental health and substance abuse). Adult consumers who are eligible for substance abuse services are linked to the Addictions Services programs in the County. Consumers of all ages who are eligible for the Public Mental Health System are linked with providers who are able to provide the requested service at a location convenient for the consumer. Spanish language capacity is immediately available. Assistance is available for those who speak other languages.

Adventist Healthcare Shady Grove Medical Center Mental Health Services & Outpatient Wellness Clinic

14901 Broschart Road

Rockville, MD 20850

301-251-4500 (V)

www.adventisthealthcare.com/locations/profile/shady-grove-medical-center-mental-health-inpatient

Behavioral health programs and services provided at this location include but are not limited to: Acute Inpatient Treatment; Intensive Outpatient Program; Outpatient Wellness Clinic; Partial Hospitalization Program; Ridge School of Montgomery County. Serve the behavioral health needs of: children, adolescents, adults and seniors. The Shady Grove Outpatient Wellness Clinic includes individual therapy, family therapy, group therapy and workshops, medication management and administration of long-acting injectable medication. Both telehealth and in-person appointments are available.

Affiliated Santé Group

1400 Spring Street, Suite 100
Silver Spring, MD 20910
301-589-2303 ext. 100 (V)

<https://thesantegroup.org/where-we-work/montgomery-county-md-copy/>

Outpatient Mental Health Clinic: Provides children, adults, couples, and families immediate access to mental or behavioral health support and resources. Team of psychiatrists, nurse practitioners, nurses, and therapists are available to complete diagnostic evaluations, therapy, and medication management services. Provide a holistic and person-centered approach focusing on the developmental of individualized treatment plans to guide everyone on a path forward. Offer walk-in and virtual appointments.

Psychiatric Recovery Services: Programs are designed to empower each individual with the counseling, development, and daily living skills needed that support their unique ability to live in the community. Day Program facilitates a hands-on environment to engage and learn from experienced counseling staff. Daily services include emotional enhancement and regulation; relationship building; individual, group, and family rehabilitation counseling; substance abuse relapse awareness and prevention; and social skills development. Community Outreach Services help serve individuals for whom a traditional Day Program setting is not the best fit. Psychiatric counselors will work with individuals in their homes or other safe community locations. Accept Maryland Medicaid and private pay. Services may be available for those without insurance on an individual basis.

Wellness and Recovery Center

301-589-2303 ext. 108 (V)
Peer-led community support and resource center. Serves Montgomery County residents ages 18 and over who have a history of mental health challenges. Offers resources, socialization, and activities.

Senior Outreach Team

12200 Tech Road, Suite 330
Silver Spring, MD 20904
301-572-6585 x 2190 (V)
Remove isolation and alleviate symptoms of depression to restore joy and meaning for each individual through connection and community. Teach seniors how to advocate for their own health and purpose.

All Day Family Care

702 Russell Avenue #100
Gaithersburg, MD 20877
301-330-0006 (V)
Email: customerservice@alldaymedicalcare.com
<https://alldaymedicalcare.com>
Provide comprehensive mental health services throughout Montgomery County. Offer individual therapy, family and group, marriage and couples counseling. Other services include addiction and recovery, anger management, ADD & ADHD, conflict resolution, eating disorders, emotional issues/mood disorders (depression,

All Day Family Care Continued

anxiety, DID, bipolar), obsessive compulsive disorder, grief counseling, parenting support, phobias, PTSD, and stress management. Accept multiple insurance plans including Medicare and Medicaid and self-pay rates. Bilingual staff and providers who speak Spanish, French, English, Hindi, Russian, Bamun, and Wolof.

ALTA HealthCare Services

101 Lakeforest Boulevard
Gaithersburg, MD 20877
240-201-6521 (V)
Email: info@altahcs.com
www.altahcs.com/home-health-care-and-behavioral-health-care-behavioral-health
Offers behavioral healthcare services to support individuals who are experiencing mental health challenges and provide comprehensive evaluation and outpatient mental health care for children, adolescents, and adults. Services include telehealth services; individual, family, and group therapy; psychopharmacology; individual psychotherapy; and psychiatric evaluation. Licensed clinicians can help with a variety of issues and disorders, including stress management; adjustment problems; anxiety / phobias; impulse control; anger management; relationship issues; trauma; grief; chronic mental illness; bipolar disorder; depression; and ADD/ADHD.

American Psychiatric Association

800 Maine Avenue, S.W., Suite 900
Washington, DC 20024
202-559-3900 (V)
Email: apa@psych.org
www.psych.org
Organization of psychiatrists working together to ensure humane care and effective treatment for all persons with mental disorders, including substance-related disorders.

Anxiety and Depression Association of America

8701 Georgia Avenue, Suite 412
Silver Spring, MD 20910
240-485-1018 (V)
Email: information@adaa.org
www.adaa.org
Assist people with anxiety, depression, and stress-related disorders in finding appropriate treatment and developing self-help skills. National educational campaigns to promote awareness about anxiety disorders and encourage people to seek treatment.

Behavioral Health Administration - Maryland Department of Health and Mental Hygiene

410-402-8300 (Main Line)
988 (Suicide & Crisis Lifeline)
1-800-888-1965 (Carelton - Medicaid)
<https://health.maryland.gov/bha/Pages/Index.aspx>
Oversight responsibility for publicly-funded inpatient and outpatient (community) behavioral health services, which includes a comprehensive array of services and supports to help individuals with substance-related

Behavioral Health Administration Continued

disorders, mental health disorders, co-occurring disorders, and problem-gambling disorders recover. Additionally, BHA is the entity responsible for regulating and licensing all behavioral health programs in Maryland's Public Behavioral Health System and has oversight responsibility to ensure provider compliance with COMAR 10.63 and state policy. The Primary Behavioral Health and Early Intervention division is charged with developing a system of care for young people and their families ranging from early childhood to when young people reach the age of majority and legally become adults. The system of care is designed to meet the needs of individuals within this age range who have mental health conditions, substance-related disorders, and those who have both.

Behavioral Health Planning & Management – Local Behavioral Health Authority – Montgomery County Department of Health & Human Services

240-777-1400 (V)

Responsible for the planning, management and monitoring of public behavioral health services for children with serious social, emotional and behavioral health (mental health) challenges, as well as adults and older adults living with behavioral health needs. This includes developing and managing a full range of treatment and rehabilitation services, including services for individuals with co-occurring mental illness and substance use disorders, individuals who are homeless, and individuals who have been incarcerated and/or are on conditional release. Mental health or substance use disorder assessments are provided by the Access to Behavioral Health program.

BornFree Wellness Centers of America

19537 Doctor's Drive, Bldg. 3

Germantown, MD 20874

240-654-4001 (V)

Email: contactus@bornfreewellness.com
www.bornfreewellness.com

Provide outpatient substance abuse services to individuals struggling with opioid dependence. Services offered include medical evaluation, treatment, methadone and buprenorphine therapy, counseling and case management services. Clinic also offers free training sessions on the administration of Naloxone, the life-saving drug used to reverse opioid overdose. Events are free and open to the public, and a pharmacy contact will be provided for attendees to obtain a supply of Naloxone.

Center for Caregivers

5480 Wisconsin Avenue, #223

Chevy Chase, MD 20815

301-576-6044 (V)

Email: renelaje@yahoo.com

<https://centerforcaregivers.com/>

Individual counseling and therapy groups for caregivers of infants, babies, children with health issues, and older adults. Home visits available to those who are unable to leave their homes. Many insurances accepted, including Medicare.

Centers for Behavioral Health, LLC

7646 Standish Place

Derwood, MD 20855

301-527-0701 (V)

Email: lsreferrals@cbhhealth.com

www.centersforbehavioralhealth.com

Provides comprehensive behavioral health services to adults ages 18 and up. We offer dynamic holistic rehabilitation services through our day, offsite, and residential programs. Our staff are dedicated to helping individuals understand their illness and manage their symptoms to live to fullest potential in the community. Our clients are assigned a Rehabilitation Coordinator who assist clients in achieving individualized goals. Life Skills Psychiatric Rehabilitation Program (PRP) and Mar-Lyn Housing Residential Rehabilitation Program programs are licensed by the State of Maryland DHMH and are CARF accredited. Life Skills PRP services are paid by Medicaid or private pay and Mar-Lyn residential services are private pay.

City of Rockville – Counseling Community Services

111 Maryland Avenue, 1st Floor

Rockville, MD 20850

240-314-8300 (V)

Email: counseling@rockvillemd.gov

www.rockvillemd.gov/372/Counseling

City of Rockville is a certified Youth Services Bureau and offers child, youth and family counseling for Rockville residents without health insurance or those unable to access counseling on their own, subject to an eligibility screening. Offer early intervention and prevention counseling to school-age children based on a short-term, 12-session model. Many different options of counseling are available including individual and group with encouraged guardian participation. Types of counseling include anger management; social skills; transition to middle school; and transition to high school. Eligibility Requirements: Must be school-aged (4 - 18 years old), live in or attend school in Rockville, and be uninsured or unable to access mental health services.

Community Connections

801 Pennsylvania Avenue, SE
Washington, DC 20003
202-546-1512 (V)

Email: info@ccdc1.org

<https://communityconnectionsdc.org>

Clinical programs for adults include initial assessment of mental health and residential needs, community support services, psychiatric clinic, family support, employment, day program, and 24-hour on-call and crisis services. Clinical programs for families and youth include comprehensive assessment of needs and life domains, individualized treatment planning, network resource development, community support services, in-home and/or office-based counseling, psycho-educational training and support, and crisis services. Residential services also available.

Cornerstone Montgomery

2 Taft Court, Suite 200
Rockville, MD 20850
301-715-3673 (V)

Email: info@cornerstonemontgomery.org

www.cornerstonemontgomery.org/services/montgomery-county

Non-profit providing comprehensive, community- and evidence-based, mental health and co-occurring mental health and substance use disorder treatments and interventions.

- **Residential Rehabilitation Program:** Depending on the level of individual need, our Residential staff can provide assistance with transportation, cooking, medication monitoring, activities of daily living, and provide opportunities for increased socialization. Residential levels of assistance can range from sites staffed 24 hours a day to sites where staff provide support on a drop in basis. All referrals for the program originate with the Local Behavioral Health Authority (LBHA) who review applications, and manage the wait list for Montgomery County.
- **Community-Based Services:** Offers a variety of community-based services to support people so that they can live as independently as possible in their own homes. Services are delivered in the community. Meet 1 to 2 times a week depending on needs. Community services include Supportive Living, Permanent Supportive Housing, Montgomery County Case Management and Foundations Day Programs. Requirements: Must be a Montgomery County resident; must have Medicaid; must be 18 years or older; must be currently in treatment with a therapist or psychiatrist; and must have a target diagnosis.

Cornerstone Montgomery Continued

- **Outpatient Mental Health Clinics:** Provide a full range of mental health, psychiatric and therapeutic treatment services. Clinics serve members of our Psychiatric and Residential Rehabilitation programs as well as members of the community. Clinics are located in Bethesda, Silver Spring and Rockville, and have the capacity to serve 1,650 individuals annually.
- **Residential Crisis:** For individuals experiencing increased symptoms of a mental health disorder, Services are community-based alternatives to inpatient hospitalization. Residential Crisis programs are located in suburban single-family neighborhoods and offer 24-hour staff supervision and support. The length of stay averages 10 days. Program is the largest alternative to inpatient psychiatric hospitalization in Montgomery County.
- **Assertive Community Treatment (ACT):** Program is a multidisciplinary mobile treatment approach to serving clients living with behavioral health disorders. Crisis Management is available 24 hours a day 7 days a week. All clients have access to a prescriber who provides assessment, diagnosis and treatment. Most clients served by the ACT team have a history of multiple inpatient hospital stays and are diagnosed with a co-occurring condition in addition to their mental health diagnosis. Use a person-centered approach to treatment planning and collaboration.
- **Vocational Program:** One-on-one coaching with a Supported Employment Specialist to help determine skills, interests, and long term career goals; help with creating a step-by-step plan to achieve employment-related goals; help with developing resumes, writing the perfect cover letter, and filling out online applications; support with community-based job search activities, such as going into business and speaking to a hiring manager, completing practice interviews with prominent members of the business community, or participating in 'job try-outs' to get a feel for a specific job or industry; benefits counseling to learn how work will impact publicly funded entitlements such as Social Security Benefits; on-site job coaching at the new position; and long-term support for keeping the job.
- **Young Adult Services:** Each team has different specialties to help young adults with mental health concerns reach their future goals. Vocational teams help individuals identify career goals and pursue employment opportunities that excite them, and people are eligible to apply as early as the second semester of their junior year of high school. Residential and supported living programs offer residential services and community psychiatric rehabilitation services for individuals that don't want to work immediately but do have other goals related to their independence or mental health.

CTO Health Services

8121 Georgia Avenue, Suite 201
Silver Spring, MD 20910
240-455-6584 (V)
Email: info@ctohs.com
www.ctohs.com

Community Mental Health Outpatient Clinic offers services to minors 5 to 17 years old and adults ages 18 years old and up. Intensive Outpatient Program for substance use disorders. Psychiatric Rehabilitation Program offer a range of rehabilitation services to adults ages 18 & up who experience difficulties resulting in behavioral problems related to substance and alcohol use disorders and severe mental health illnesses. Accepts Medicaid with prior authorization.

Depressive and Bipolar Support Alliance (DBSA)

www.dbsalliance.org

Provide hope, help, and support to improve the lives of people living with depression or bipolar disorder. Offer referrals, free educational materials, and support groups. Also offer live, real-time support group meetings on the internet for people living with mood disorders, their friends and family. Online support is ideal for those who live too far from their local DBSA group, have limited mobility, or simply wish to remain anonymous. Led by volunteer peer facilitators, these meetings follow the same format and guidelines as DBSA's in-person support groups. Each group meets once a week, and you can attend as many sessions as you'd like, free of charge. Registration is required.

EveryMind (formerly Mental Health Association of Montgomery County)

1000 Twinbrook Parkway
Rockville, MD 20851
301-424-0656 (V)
301-738-2255 (Montgomery County Hotline)
Email: info@everymind.org
www.everymind.org

Suicide & Crisis Prevention: Trained staff and volunteers are ready to provide supportive listening, information, resource referrals, and crisis intervention (including suicide assessments) through telephone, text (988), and chat services (<https://chat.988lifeline.org/>). Services are free and confidential.

Counseling for Adults & Families: Services provided in a community-based setting to help increase self-esteem, improve relationships with family and friends, and develop positive coping skills. Licensed, bilingual clinicians offer support in trauma, crisis, life changes, and interpersonal relationships. Specializes in serving low-income, uninsured, and newly arrived Spanish and French-speaking immigrants living in Montgomery County. Services also available for individuals with Medicaid. Work to increase access to high-quality mental health services for low-income adults. Work with your financial situation to meet your needs.

EveryMind Continued

Linkages to Learning: Linkages to Learning is a collaboration between Montgomery County Department of Health and Human Services, Montgomery County Public Schools, and nonprofit community partners. Provide accessible prevention and early intervention services to at-risk children and their families in order to improve adjustment to and performance in school, home, and the community. Use an integrated approach of health, social services, community development, and engagement to support student learning, strong families, and healthy communities. Through Linkages to Learning, children overcome obstacles to learning and growth through comprehensive school-based social and mental health services. EveryMind administers the program at several schools in the County – view the list: www.everymind.org/Programs/school-connected-mental-health-services/

Homeless & Housing Support: Offers case management for homeless adults in Montgomery County including shelter referrals, housing and needs assessments, entitlements and beneficiary referrals, advocacy, education, and resources. Connect clients to shelter or permanent housing. Clients can self-refer, be referred by the community, or by other county providers. Through the Montgomery County Housing Initiative Program (HIP), EveryMind provides service coordination to connect clients to advocacy, education, and resources so they can remain stably housed. Service Coordinators assist with finding housing and support basic needs. Clients must be age 18 and older and formerly homeless and must be referred by the Montgomery County Coordinated Entry System.

Serving Together: Program provides education, direct service, and coordination of resources for service members, Veterans, and their families throughout the DC region. Veteran and Family Peer Navigators are available at 1-855-738-7176 (Toll Free).

Representative Payee: Provides money management services to individuals with a disability or mental illness who are unable to manage their own finances – to ensure clients have enough funding for food, clothing, shelter, medication, and other needs. Clients must be 18 or older.

First Maryland Disability Trust - PLAN of MD-DC, Inc.

1400 Front Avenue, Suite 303
Lutherville, MD 21093
410-296-4408 (V)
Email: info@firstmdtrust.org
<https://firstmdtrust.org/>

Providing clinical case management including counseling, assistance applying for public benefits and coordinating medical care; financial management; and special needs trust management for individuals with disabilities and their families.

Gates, Amy, LSCW-C, MSW

2400 Research Boulevard, Suite 400
Gaithersburg, MD 20850
240-602-6343 (V)
Email: amyhgates@me.net
www.amyhgates.com

Psychotherapist. Counsel parents who have children with disabilities. Also offer couples counseling, individual counseling, life coaching and parent coaching. Sliding scale. Medicare.

George Washington University – Healing Clinic

202-758-5739 (V)
Email: healingclinic@gwu.edu
<https://healingclinic.smhs.gwu.edu>

Non-profit organization committed to expand access to health care to the vulnerable populations in and around Washington, D.C., regardless of insurance status or ability to pay.

Bridge to Care Clinic

5936 Martin Luther King Jr Hwy,
Seat Pleasant, MD 20743

Hours: Thursdays from 5 p.m. - 7:30 p.m. (First appointment time is at 5:15 p.m. Last is at 6:45 p.m.)
provide medical services for uninsured or underinsured patients free of charge regardless of race, gender, sexual orientation, or documentation status. All care and diagnostic testing provided by our clinic are provided at zero cost to our patients. We have partnerships with other community partners and clinics to provide subspecialty care that is outside the scope of our practice.

Queer Health Collective (QHC)

Jack Adams, Director
Email: jack.adams@gwmail.gwu.edu
Student-led group dedicated to promoting access to care for queer and gender-diverse communities.

HealthChoice – Maryland Department of Health

1-800-284-4510 (HealthChoice Enrollee Help Line)
1-800-888-1965 (Mental Health - Carelon)
<https://health.maryland.gov/mmcp/healthchoice/Pages/Home.aspx>

Provide healthcare to most Medicaid recipients. HealthChoice enrollees receive the same benefits as those available to Maryland Medicaid recipients through the Medicaid fee-for-service system. Mental health services are provided by a Specialty Mental Health System administered by the Mental Hygiene Administration. The Enrollment Broker is available to assist you with any aspect of the enrollment process. You may enroll by mail, telephone, and face-to-face meeting, if requested, or if medically necessary. For assistance in making an application for HealthChoice, please contact the HealthChoice Enrollee Help Line.

Heller Psychology Group, LLC

Carey A. Heller, Psy.D.
6320 Democracy Boulevard
Bethesda, MD 20817
301-385-2610 (V)
Email: appt@thehellerpsychologygroup.com
www.hellerpsychologygroup.com

Offer individual, family, group, and couples psychotherapy. Clinicians conduct therapy to treat a variety of issues including: ADHD, Asperger's Disorder, anxiety, depression, family conflict, anger management, difficulty coping with medical disorders, and bullying. Also offer testing and assessments for ages four and up.

Hollander, Michele, Psy. D.

8929 Shady Grove Court
Gaithersburg, MD 20877
301-990-0131 (V)
Email: michelehollander@msn.com
Psychologist. Behavioral therapist. Autism Waiver.

House Calls Total Wellness

Beth Albaneze, MA, CTRS, CPRP, Owner
301-346-6732 (V)
Email: info@housecallstotalwellness.com
www.housecallstotalwellness.com
Diverse team of mental health specialists come to you or meet you on-line to provide mental health coordination, advocacy, help with accommodations in school or work, recovery support, coordination with doctors and hospital staff, referrals to lawyers and agencies providing subsidies. Serving children to senior citizens who are faced with acute or chronic life transition circumstances. Team is customized to meet the needs of each loved one or family with wrap around services that include but are not limited to life coaching, recreation therapy, hoarding, counseling, case management, community integration strategies and the services provided are all under one umbrella.

Humanim - Mental Health Services

6355 Woodside Court
Columbia, MD 21046
410-381-7171 (V)
Email: contact@humanim.com
<https://humanim.org/what-we-do/human-services/behavioral-health/>

Serves individuals struggling with mental illness and substance use disorders.

Residential Rehabilitation Program: Funded by Medicaid, the program provides housing, case management, and psychiatric rehabilitation to adults with chronic, severe, and persistent mental illness. Program takes a person-centered, recovery-focused approach to helping individuals reach their full potential, living independently in the community. Provide services to ages 18 - 25, as well as 26 and older.

Psychiatric Rehabilitation Day Program: Promotes increased independence while allowing individuals to focus on recovery and well-being in a structured and

Humanim - Mental Health Services Continued

therapeutic environment. Day program provides these services to adults (18 and older) who receive Medicaid and are diagnosed with a chronic, severe, persistent mental illness. Our person-centered services assist individuals in understanding and managing their mental illness, as well as learning daily living skills that will ensure success in the community. Daily educational groups and activities include but are not limited to evidence-based illness management and recovery; community integration; social and problem solving skills; recovery-based substance abuse education; health homes care coordination and medical support; and case management, entitlements assistance, and community resource connections.

Benefits Counseling: Certified Benefits Counseling Services support individuals from all walks of life on their journey to financial independence. Community Partner Work Incentive Counselors assist individuals in making informed choices about employment, as well as federal and state benefits. Individuals with SSI/SSDI benefits who work with the Division of Rehabilitation Services (DORS), or have a pending DORS application, are eligible for free benefits planning services. Benefits counseling is also available as a private pay service. Services include in-depth counseling on federal and state benefits, including work incentives and benefits; information and counseling on special social security rules which allow SSI and SSDI recipients to return to work; referrals to federal, state and private agencies to maximize access to resources; and ongoing assistance with issues related to employment and benefits.

Independence Now, Inc. (INNOW)

12301 Old Columbia Pike, Suite 101

Silver Spring, MD 20904

301-277-2839 (V)

Email: info@innow.org

www.innow.org

Serve individuals with disabilities in Montgomery and Prince George's Counties. Peer counseling offered by Independent Living Specialists that serve as role models, assist with self-exploration, assist with self-directed goals setting and achievement, direct consumers to appropriate services and programs, serve as advocates, and plan recreational events that integrate individuals with disabilities with their non-disabled peers.

Supports Planning is case management for Medicaid beneficiaries who have been found medically and financially eligible for one of several Maryland Medicaid Long Term Services and Supports programs including: Home and Community-Based Options Waiver; Community Personal Assistance Services (CPAS); and Community First Choice Program (CFC). Supports Planners assist in navigating systems, identifying community resources, and selecting Providers who will deliver your supports and services. Once enrolled in one of the programs, Supports

Independence Now Continued

Planners continue to work with you to ensure you receive the services you have selected and that you are satisfied with those services.

Jewish Social Service Agency (JSSA)

301-838-4200 (Maryland)

www.jssa.org/services/mental-health

Therapy and Counseling: JSSA provides therapy and counseling for children, teens, adults, couples, and families navigating life's challenges. We offer individual, relationship, and family counseling. For the Deaf or Hard of Hearing Community, ASL therapists are available for both in-person and virtual appointments. Those interested in working with an ASL therapist should email intake@JSSA.org and indicate if deaf or hard of hearing. Intake team will then schedule a video call.

Workshops and Groups: Offer workshops and group counseling for everyone, from teens struggling to cope at school to people experiencing grief and loss. Also offer a support group for parents of adults with disabilities and bereavement support groups.

Psychiatry: Provides outpatient mental health treatments for children, adolescents, adults, and seniors. psychiatric providers work collaboratively with mental health clinicians to assess, prescribe, and evaluate pharmacological interventions to support a comprehensive treatment plan. Fee for service (insurance and private pay funded). JSSA provides medication management only for children, adolescents, adults, and seniors who have successfully completed their treatment with a JSSA clinician and requires ongoing medication management.

Psychological Testing: Offer psychological testing and academic evaluations for school age children.

Suicide Support: JSSA offers counseling, grief support groups for teens and adults, educational programs, and community outreach.

John L. Gildner Regional Institute for Children and Adolescents (JLG-RICA) - Maryland Department of Health

15000 Broschart Road

Rockville, MD 20850

301-251-6800 (V)

<https://health.maryland.gov/jlgrica/Pages/home.aspx>

Community-based, public residential, clinical and educational facility, serving children and adults with severe emotional disabilities. Brief assessment unit provides psychiatric evaluation, medication management, environment behavioral treatment, psychological treatment, and educational intervention.

Kaufman, Nan, LCSW-C

4400 East West Highway, Suite 720
Bethesda, MD 20814
301-986-9020 (V)

Coach, counselor, and advocate for parents who have a child who is newly diagnosed with a disability and/or for on-going supports.

Lift Me Up! - Therapeutic Riding Program

9700 Georgetown Pike
Great Falls, VA 22066
703-759-6221 (V)
Email: info@liftmeup.org
www.liftmeup.org

Provide therapeutic horseback riding to children and adults with physical, mental, and/or emotional disabilities. Weekly therapeutic riding lessons, summer camp for students and volunteers. Veterans riding program. Financial aid available.

Luna Counseling Services, LLC

8720 Georgia Avenue, Suite 205
Silver Spring, MD 20910
301-679-6033 (v)
Email: thony@lunacounselingservices.net
www.lunacounselingservices.net

Private practice working with individuals, couples and families struggling with the following: selective mutism; parenting techniques; family transition; divorced and mixed families; immigration and deportation concerns; oppositional conduct disorders; and domestic violence. Work with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support, couples counseling and beyond.

Maryland Coalition of Families

8950 State Route 108, Suite 223
Columbia, MD 21045
410-730-8267 (V)
Email: info@mdcoalition.org
www.mdcoalition.org

Free, confidential help to families who have a loved one with behavioral health challenges. Family peer support specialists can help you navigate systems of care that are often complicated, frustrating and confusing; find and access resources, services, and programs for yourself or your loved one; connect with families experiencing similar challenges to build natural bonds and support systems; gain a better understanding of the challenges your loved one faces and identify a path forward; help you find your voice to be the best advocate for yourself and your loved one; and learn strategies and build skills.

Maryland Psychological Association

410-992-4258 (V)
www.marylandpsychology.org
Free online psychologist referral service.

MedPsych Health Services

6237 Executive Boulevard
Rockville, MD 20852
240-464-8000 (V)
Email: customerservice@medpsychmd.com
<https://medpsychmd.com>

CARF accredited, integrated mental health service provider where the psychiatrist, psychologists and psychotherapists collectively treat mental illness with complete consideration of full medical, psychological, social as well as family history. Clinicians offer complete range of services from psychiatric consultations, diagnostic evaluations, medication management, psychological testing and counseling as well as therapy (individual, couples, marriage, group therapy) services, services for dual diagnosis referrals for drug addiction rehabilitation services. Serve all age groups and offer services in other languages. Partner with local hospitals for inpatient services. Participate in all major insurance payors as well as provide fee for service.

MedStar Montgomery Medical Center - Addiction and Mental Health Center

18101 Prince Philip Drive, 6th Floor
Olney, MD 20832
301-774-8860 (Evaluation Center)
301-774-8888 (24-Hour Crisis Intervention)
www.medstarhealth.org/locations/outpatient-behavioral-health-medstar-montgomery

Provide inpatient and outpatient treatment for psychiatric and addiction treatment for those 13 and older. Services include individual and family therapy, crisis intervention services available 24 hours a day for emergency evaluations, medication management program, senior outpatient program, and a relapse prevention program.

Mental Health America (MHA)

(formerly National Mental Health Association)
500 Montgomery Street, Suite 820
Alexandria, VA 22314
703-684-7722 (V)
1-800-969-6642 (Toll Free)
988 (Suicide and Crisis Lifeline – Call or Text)
<https://mhanational.org/>

Provide resources for individuals and families living with mental health and substance use problems. Offer community education and engagement, mental health screening and research, advocacy and public policy, workplace resources, youth programs and leadership, information and referral services.

Mindoula Health, Inc.

8040 Georgia Avenue, Suite 170
Silver Spring, MD 20910
1-888-879-9786 (Toll Free)
Email: info@mindoula.com
www.mindoula.com

Offers in person and virtual case management and benefits counseling to clients who have behavioral health issues. Serves families who need support with a family member who has behavioral health issues.

Mindoula Health, Inc. Continued

Services include benefits counseling and coordination and assisting clients file for public benefits such as Social Security (retirement, disability, and income), food stamps, housing grants, free or reduced-priced cell phones and internet, reduced Metro fare, and other public benefits. Assists clients with finding new insurance for health, dental, and vision. Assists with filing health insurance claims, explaining benefits, copays, and deductibles, and providing counseling regarding optimizing coverage. Debate charges with health plan and providers and negotiate payment plans. Assists with filing short- and long-term disability claims. Help clients with family issues, improving access to transportation, housing, and healthy food. Accepts private pay only.

Montgomery County Federation of Families for Children's Mental Health, Inc.

13321 New Hampshire Avenue, Terrace B
Silver Spring, MD 20904
301-879-5200 (V)

www.mcfof.org

Non-profit family driven organization run by family members who have children with emotional, behavioral, or mental health challenges. Offer resources, services, and support to help other families raising children facing similar challenges. Family Navigators help families by linking them with assessment/evaluation and direct service resources; providing emotional support; going to meetings at school, court, hospitals and social service agencies.

Montgomery Wellness Hub, LLC

951 Russell Avenue, Suite D
Gaithersburg, MD 20879
240-246-7837 (V)
Email: info@mwellnesshub.com
www.mwellnesshub.com

Provide comprehensive mental and behavioral health services which include Psychiatric Rehabilitation Program (PRP) for adults and minors. Also offer substance abuse disorder services, which includes Outpatient Program (OP) and Intensive Outpatient Program (IOP). Further, they provide DUI / DWI education classes. CARF accredited and State of Maryland licensed community outpatient, behavioral and mental health provider. Accept Medicaid and private insurance.

NAMI (National Alliance on Mental Illness) of Montgomery County

1 Research Court, Suite 315
Rockville, MD 20850
301-949-5852 (Information Line)
1-800-950-NAMI (National Information Helpline)
Email: info@namimc.org
www.namimc.org

Self-help, support, education, and advocacy for people with serious and persistent mental illnesses, their families, friends, and caregivers. Staff and Helpline

NAMI Continued

volunteers provide information - confidential referrals to providers of mental health services, including housing, vocational rehabilitation, legal assistance, day treatment, doctors, therapists and more. Offer a variety of free psychoeducation courses to caregivers, consumers, and other community members, and support groups.

National Center for Children and Families

6301 Greentree Road
Bethesda, MD 20817
301-365-4480 (V)
Email: contact@nccf-cares.org
www.nccf-cares.org

Provide services for vulnerable children, youth, and families. Residential programs serve homeless families, victims of domestic violence, and vulnerable adolescents. Other programs include treatment foster care, social services for family reunification, parenting education, and transitional housing to promote independent living and family stabilization.

National Institute of Mental Health

6001 Executive Boulevard, MSC 9663
Bethesda, MD 20892
1-866-615-6464 (Toll Free)
Email: nimhinfo@nih.gov
www.nimh.nih.gov

Largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health. Live chat available online in English and Spanish.

Network of Care

<https://mentalhealth.networkofcare.org/montgomery-md/>
Information to help link consumers to support groups and personal advocacy resources in the community.

On Our Own of Montgomery County Maryland, Inc.

410-540-9020 (V)
Email: info@onourownmd.org
www.onourownmd.org

Provide dual recovery peer support groups led by certified peer support specialists and advocacy services.

Parents' Place of Maryland

802 Cromwell Park Drive, Suite H
Glen Burnie, MD 21061
410-768-9100 ext. 4 (V)
1-800-394-5694 (Toll Free)
www.ppmmd.org

Offers families individualized support from someone who knows what it means to have a child with a disability or a special healthcare need. Team has firsthand knowledge of the special education and healthcare process. help families obtain education and health care services for their children with disabilities; work to improve education and health care for all children; train and inform parents and professionals on a variety of topics; and connect

Parents' Place of Maryland Continued

children with disabilities to community resources that address their needs. The Parents' Place (PPMD) is the only organization in Maryland charged by the U.S. Department of Education, Office of Special Education Programs, to serve as the state's **Parent Training and Information (PTI) Center**. As a PTI, the Parents' Place provides information and support for families who have children and youth with disabilities or special needs, beginning at birth through age 26. Parent Educators and PTI staff are available to help you understand and navigate the special education system and provide you with the information and tools you need to be an informed and active participant in your child's education. Also offer workshops and provide resources that address the unique needs of military connected families. All services are provided to parents and families at no cost! **The Parents' Place Family-to-Family Health Information Center (F2F HIC)** provides a central source for families of children and young adults with disabilities and special health care needs to obtain support, advocacy, and information about health care. **The Parents' Place offers LEADers**, a parent leader program to develop leadership skills among parents of children with disabilities and special health care needs. This program appeals to various adult learning styles, including traditional workshops, webinars, experiential learning, coaching, mentoring, and independent study. It is designed to help parents broaden their role within their communities as a resource, support group leader, trainer, advocate and more.

Pastoral Counseling & Consultation Center of Greater Washington

7003 Piney Branch Road, NW
Washington, DC 20012
202-670-5065 (V)
Mental health counseling, life and career coaching, family therapy, couples/marriage counseling, stress management, addictions, and workshops.

Priority Health Care Systems

12520 Prosperity Drive, Suite 155
Silver Spring, Maryland 20904
301-288-4228 (V)
Email: priority@priorityhealthcaresystems.com
www.priorityhealthcaresystems.com
Offer Psychiatric Rehabilitation Program and Outpatient Mental Health Supportive Services throughout Maryland, with a primary focus in Montgomery County. Provide mental health services to individuals of all ages. Services include life readiness skills, anger management, coping skills, addiction recovery, financial management, recreational therapy, educational connections, tutoring service and much more. Accept Medicaid and numerous insurance plans.

Pro Bono Counseling Project

410-825-1001 (V)
www.probonocounseling.org
Connects Marylanders in need of mental health counseling to licensed volunteer therapists, as well as provide referrals to other supportive services. Therapists work with adults and children, individuals, couples, and families. Common concerns include depression, anxiety, abuse, self-esteem, relationships, divorce, grief, trauma, and life transitions. Services are free to those who are financially eligible. Volunteer therapists are located throughout Maryland. If you qualify to receive services, you will be linked to a counselor who is close to you. Services are available in person and via teletherapy (video conferencing).

Senior Mental Health Program – Montgomery County Department of Health & Human Services (DHHS)

Josi Makon, LCSW-C, Project Coordinator, Maryland Behavioral Health Administration
240-777-4529 (V)
Email: josi.makon@montgomerycountymd.gov
Outreach mental health services for seniors who cannot or will not go to office-based services; mental health consultation to assisted living providers, senior center directors, Housing Opportunities Commission resident counselors; psycho education (education to the public about mental health issues); drop-in groups at senior centers; senior mental health education and consultation to DHHS staff.

Sheppard Pratt – Outpatient Mental Health Center

610 East Diamond Avenue, Suite 100A
Gaithersburg, MD 20877
301-840-3200 (V)
www.sheppardpratt.org/locations-directions/details/outpatient-mental-health-center-gaithersburg/
Help children, adolescents, adults, and older adults address mental health and co-occurring disorder problems and improve their quality of life, all within a safe and welcoming environment. Many of those served may be experiencing life challenges, relationship issues, behavioral issues with a child or teen, and/or a mental illness. Services include psychiatric assessment and diagnosis; individual, group, and family therapy; medication management; couples and marital counseling; family psychoeducation; play therapy; drug and alcohol use support groups; and drug and alcohol education.

Substance Abuse and Mental Health Services Administration (SAMHSA)

1-800-662-4357 (National Helpline)
Email: SAMHSAInfo@samhsa.hhs.gov
Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish. Find alcohol, drug, or mental health treatment facilities and programs around the country at findtreatment.samhsa.gov.

Transition House Mental Health Rehabilitation

Service and Housing Agency

Evan Taff, Transition House Owner

301-201-3940 (V)

Email: evan@livingthroughchange.com

www.livingthroughchange.com

Offer comprehensive 24/7 care management services for adults aged 21 to 55. Help locate appropriate group homes or assisted living facilities tailored to your needs. Provide specialist and clinician referral. Assist with home sales and clear-outs to finding new homes and mental health services. Offer wrap-around services, including locating private caregivers covered by insurance or paid out of pocket.

Troisi, Donna, LCSW-C

3390 Urbana Pike, 2nd Floor

Frederick, MD 21704

240-281-8319 (V)

Email: dmt_lcsw@yahoo.com

For individuals, couples, and families. Counseling for individuals with autism, impulse control disorders, child or adolescent issues, anxiety or fears, parenting, and more. Also provide neurofeedback training.

Vesta, Inc.

240-296-5858 (Make a referral)

240-296-6353 (Schedule an appointment)

Email: info@vesta.org

www.vesta.org

Germantown Outpatient Mental Health Clinic

20410 Observation Drive, Suite 212

Germantown, MD 20876

Silver Spring Outpatient Mental Health Clinic

8737 Colesville Road, Suite 700

Silver Spring, MD 20910

Specialize in mental health care to individuals with Medicaid and Medicare throughout Maryland. Serve adults and children (ages 7+) coping with a wide variety of mental health challenges across levels of intensity. Offer outpatient therapy for individuals, couples, and families, medication management, day and residential programs for adults, and more.

Washington Psychiatric Society

www.dcpsych.org

Online psychiatrist locator. Medical specialty organization composed of approximately 1,000 physicians who specialize in the diagnosis and treatment of mental illnesses, including substance abuse disorders.

Willow Oak Therapy Center

15701 Crabbs Branch Way

Rockville, MD 20855

301-251-8965 (V)

<https://willowoaktherapy.com/>

Counseling, psychotherapy for individuals, families and couples, and psychological testing and evaluations. Free seminars. Sliding fee schedule. Insurance accepted.

Woodley House, Inc.

300 Connecticut Avenue, NW, Suite #108

Washington, DC 20008

202-830-3508 (V)

Email: woodley@woodleyhouse.org

www.woodleyhouse.org

Residential facility that provides housing for persons age 18 and older with mental illness. Housing options include temporary crisis care, transitional and long-term supported independent living.

Wright Mindset Therapy Services, LLC

443-219-6673 (Intake)

Email: cransome@thewrightmindset.com

www.thewrightmindset.com

Offer a range of services including individual, family, and group therapy, as well as psychiatric care and medication management. Areas of focus include trauma-informed care, substance use and related disorders, 504/IEP consultation, psychiatric care, corporate consultation and training, K-12 in-school therapy, holistic wellness training and workshops, case management, and more. Accept Aetna, Cigna/EAP, CareFirst, Blue Cross Blue Shield, Medicaid, and self-pay/out of network on a sliding fee scale. Serve Montgomery County. Offer services via telehealth.